

# FALL CREEK THAW 15 K

**Saturday, March 3, 2012**

**Part of the 33rd Annual Tennessee State Park Running Tour**

## **FALL CREEK FALLS STATE PARK**

Park Info 423-881-5298

Park Inn, Cabins and Restaurant 424-881-5241 or 1-800-250-8611

[www.tnstateparks.com/FallCreekFalls](http://www.tnstateparks.com/FallCreekFalls)

**Directions:** Take I-40 to Cookeville. Turn onto Hwy 111 South to Hwy 284 (45 Mi). Follow Hwy 284 to signs for the Inn (8 Mi).

**Start** on Landside Cabin Rd. **Finish** at trails end at the Inn. Race starts at 11:00 am CST

**Course:** One loop with rolling hills around the Fall Creek Falls State Park with two quarter mile out and back loops at miles 2 and 8. Turn right on Main Park Rd. Turn left on Gorge Scenic Dr (Mi 1) to Piney Creek Falls overlook turnaround (Mi 2), then left on Gorge Scenic Dr. At Falls Creek Falls overlook (Mi 5) turn right across parking lot continuing on Gorge Scenic Dr. At the intersection (Mi 6) turn left on to the bike trail. Turn sharply right across the wooden bridge (Mi 7) and follow the bike trail to Main Park Rd. Turn right across the dam to second turnaround. Return across the dam (Mi 8) and turn left on the lakeshore bike trail to the finish (1.3 miles).

### **Interactive Map:**

<http://www.runningahead.com/maps/da72a99b64274abab09b730cfe624ef7>

**Awards:** Special awards to overall, masters (40+), grandmasters (50+), and senior grandmasters (60+). Five-year age groups with 5 awards in each category from 15 to 75+.

**Long Sleeve T-shirt:** guaranteed to all pre-registered runners.

**Pre-registration deadline:** February 25, 2012. Race day registration from 9:30 AM.

**Race Directors:** Mike Niederhauser, MachTenn RC. Phone (931) 247-8696.

Email: [miken@cafes.net](mailto:miken@cafes.net) Club Website link: [www.machtenn.org](http://www.machtenn.org)

**Entry Fee:** \$19.00 with or \$6.00 without shirt, payable to MachTenn. Race day without shirt \$13.00.

Mail registration to: **Fall Creek Thaw**  
**280 Westwood Court**  
**Estill Springs, TN 37330**

On-line registration at [www.active.com](http://www.active.com)

[Link to Registration Form](#)